

# Yoma's Pickled Tea

Deliciously Unique,  
All Natural,  
No Animal Product



February 2017

## Sai and Thawdar ~ Q&A

Why Yoma Tea?

We stand with our Brand.

Does eating tea give you health benefits?

Drinking tea gives you health benefits, why not in eating tea.

What are good cooking tips and recipe

Is pickled tea only used for salad dressing?

Find out more at

## What is Yoma's Tea?

Sitting at 5000 feet above sea level, the Zayan tea grown in lush valleys of the Shan State is an emblem of Burmese Culture and Cuisine.

To get to the final product of the pickled tea we all know and love, it requires steps of picking, steaming, and a long traditional fermentation process which takes months in order for the tea to achieve prime texture.

Afterwards, flavoring is added to the tea, and is then bottled and shipped to be mixed into your tea salad, and later served to your table.

When the rest of the world drinks tea, we EAT tea :))

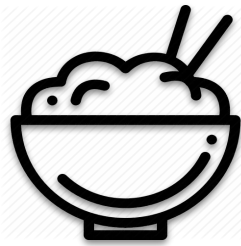


## Fresh tea leaves after picking

We use hand for picking every single tea leaf to have perfect tea.

More than Salad Dressing

# PICKLED TEA DRESSING



Mix with  
rice!



Dress up  
salads!



Marinate  
your meats!



Spread on  
sandwiches!

# Royal way or modern way



Lahphet (Tea salad) is served in one of two ways:

1. **A-hlu lahphet** (shown in photo below) is served in a shallow lacquer ware dish that is divided into small compartments. The pickled tea goes in the central compartment and the other ingredients go in the encircling compartments.
2. **Lahphet thoh** (shown in photo above) is pickled tea salad very popular all over Burma and is served in many teashops and restaurants. It is prepared by mixing all the ingredients together with fish sauce and a squeeze of lime.



Lahphet, a Burmese traditional fermented pickled tealeaf is a name of one kind of tea using in Burma. Lahphet also called a national food and signature of country that is consumed all over country. Over 90% of Myanmar families consumed tea in various traditional celebrations such as wedding ceremonies, engagement affairs, funeral and all other traditional ceremonies. As Burmese proverb “serving by the donor’s laphet to gain favors”, lahphet is a vital item for traditional ceremony and involved a significant role in Burmese society. Therefore lahphet is very popular and essential in Burmese culture as well-known proverb “Of all the leaves, Lahphet is the best”.



## Yoma's story

One can trust that Yoma is simply the top provider for your Burmese pickled tea needs in being a pioneer for introducing and expanding the Burmese pickled tea phenomenon into the U.S. market by creating flavorful and hearty all natural pickled tea.

We hope that you discover the unique, yet original taste that customers of the restaurant and tea fanatics worldwide have grown to know and love. The Myanmar pickled tea and salad is an emblem of the food and culture of our nation for the past hundreds of years, and Yoma Myanmar wishes to give your dish the very best.



## Fermentation to Pickled

Soak fermented tea leaves (raw) in warm water for 10 minutes and squeeze the water out. You can repeat this step again if you like the tea not bitter.

Place the tea into grinder with fresh garlic, salt, lemon juice. Grind until all leaves turning to paste.

If you like teas as leave (not paste) don't grind the tea, just grind other ingredients and hand mix the tea.

Store in the air seal container. It is important no air space between the tea paste (other wise the tea will not last long)



## Making Tea Dressing

To make the tea dressing, mix generous amount of olive oil or vegetable oil with one serving spoon of pickled tea, fresh lemon juice, salt, seasoning. Stir thoroughly and adjust the flavor.

Toss up with Yoma's salad topping (Mixed Beans), leafy greens and tomato.

Tips: adding fish sauce, dried shrimp powder, green chili and MSG are optional but recommended if you want a crucial Burmese taste.



## Grinded Tea Leaves vs Whole Tea Leaves







## Nourishing Cracker Topping

Surprise your guests by adding pickled tea leaves as topping, combine with thin slice of cheese, cucumber, tomatoes, and ham.



## Prosciutto Wrap

Whole marinated tea leave could be a great stuffing for Prosciutto wrap.

Yes, Enjoy the unique experience!!

# WHEN THE REST OF THE WORLD DRINKS TEA, WE EAT TEA!

## DELICIOUSLY UNIQUE

# DON'T JUST DRINK TEA, EAT TEA!



## Burger Filling

Use whole pickled tea leaves as filling or grinded tea pastes as a spread on the bun



## Wine Paring

~Add pickled tea as sauce with fresh slices of tomatoes on slice of cheese.

\_ Add tea flavor to your favorite pasta sauce.

~ Garnish on your favorite curry (simmer for two minutes before serve)